

## Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

### Listing of Claims:

Claim 1 (Currently Amended): A method to modify food having a medium or high glycemic index by reducing the glycemic index of the food, the method comprising combining the food with ~~an effective amount of~~ alpha-cyclodextrin in an amount of 1-15% (w/w).

Claim 2 (Original): The method according to claim 1, wherein the food is combined with the alpha-cyclodextrin by incorporating the alpha-cyclodextrin into the food during manufacturing of the food.

Claim 3 (Original): The method according to claim 1, wherein the food is combined with the alpha-cyclodextrin before, together with or after ingestion of the food.

Claim 4 (Currently Amended): The method according to claim 1, wherein the alpha-cyclodextrin is ~~uncomplexed and used in a~~

~~concentration of 0.1 — 30% (w/w).~~

Claim 5 (Currently Amended): The method according to claim 1, wherein the alpha-cyclodextrin is complexed ~~and used in a~~  
~~concentration of 3 — 30% 1-15% (w/w).~~

Claim 6 (Original): The method according to claim 5, wherein alpha-cyclodextrin is complexed with digestible or partially indigestible, natural or synthetic oils or fats.

Claim 7 (Previously Presented): The method according to claim 1, wherein the food is destined for consumption by healthy humans or humans suffering from diabetes, prediabetic conditions, metabolic syndrome ("Syndrome X"), overweight, hypertension, or hyperlipidemia.

Claim 8 (Original): The method according to claim 1, wherein the food is destined for consumption by pet animals.

Claim 9 (Original): The method according to claim 8, wherein the food has a fat content of less than 5% by weight.

Claim 10 (Previously Presented): A food that has a medium or high glycemic index and having an alpha-cyclodextrin concentration of 1-15 wt%, that causes the food to be useful for risk reduction of an ailment selected from the group consisting of hyperlipidemia, hypertension, obesity, arteriosclerosis and diabetes.

Claim 11 (Currently Amended): A food that has a medium or high glycemic index, combined with ~~an effective amount of~~ alpha-cyclodextrin in an amount of 1-15% (w/w) during manufacturing of the food to reduce the glycemic index of the food, wherein the food is selected from the group consisting of bakery products, beverages, cereal and other grain products, dairy products, fats and oils, vegetable and fruit juices, sauces, snacks, soups, liquid meal replacements, and foods for medical purposes.

Claims 12-13: Canceled.

Claim 14 (Currently Amended): The food according to claim 10, wherein the food has an alpha cyclodextrin concentration of 2-10% (w/w).

Claim 15 (Previously Presented): A process for the production of food having a medium or high glycemic index, said food being used to reduce the risk of an ailment selected from the group consisting of hyperlipidemia, hypertension, obesity, arteriosclerosis, diabetes, comprising incorporating alpha-cyclodextrin into the food in a concentration of 0.1-15% by weight during manufacture of the food or during preparation of the food.